

BRIDGES

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Local rapper believes in faith, love and humanity **P. 16**

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THURSDAY, JULY 4, 2013

A STARPHOENIX COMMUNITY NEWSPAPER

SUMMER SPLENDOR

**SASK. NOTABLES
TELL US WHAT
MAKES THEIR
VACATIONS
SIZZLE P. 6**



FREE

CITY FACES

JAMES PEGGS

Young boy enjoys the gift of giving

Six-year-old passes up presents and donates swing set

By Angelina Irtinici

For his sixth birthday, James Peggs asked for a swing set. But there was a catch: He wanted to give it away. Those who attended his birthday party on June 3 were asked to contribute toward the swing set, but then donated it to a charity living in Rwanda through a charity called Compassion Canada.

"I wanted to give to others because we have more and they have less," James says.

The family has contributed to the charity as the past and have two sponsor children through the organization. James got the idea from a story in the children's magazine the charity sends out, a boy donated soccer balls instead of getting gifts for his birthday and James wanted to do the same. He approached his parents, Matt and Aspen, with the idea. They said they were proud, but not surprised.

"Just because I know it's kind of us has character to help," says Aspen. She remembers a time when James was sick and stayed home from school. When she asked what he'd like to do for the day, he told her, completely out of the blue, that he'd like to buy bananas and donate them to the Friendship Inn in Senokoshe. In place his family has made donations to help.

"If he has two bananas left, he wouldn't think [they] about giving them to two friends. That's kind of what he is," she says.

But Peggs was surprised at her son's response when she explained that donating a swing set would mean he wouldn't get any birthday presents from his friends. He didn't seem to mind.

"I don't need 15 presents," James told her.



James Peggs asked for donations for a swing set for children in Rwanda instead of gifts on his sixth birthday. STAFF PHOTO BY MICHELLE BORG

James invited 17 kids to his birthday "but one couldn't come" he says.

They went to a multi-purpose room where they played, ate pizza and sang happy birthday around a homemade Lego cake. Together, they raised \$600. The swing set cost \$600, so James made his own decision to donate the remaining money to the Friendship Inn — he says he didn't want to spend it on himself.

When asked if he missed receiving gifts, James answers with a smile, "No. Because it felt good."

The giving didn't stop there, the Peggs decided to put a spike on the

traditional treat bags given at children's parties. Instead of a bag filled with goodies and toys, they handed out a card with a letter taped on the front. Taped on the card was a poem, encouraging the children to pass the letter along and make a difference. One child decided to tape it to one of the rails at the mall, so another child can enjoy the ride.

Matt and Aspen say that teaching their sons (they also have a nine-year-old Sam) to be charitable is something that is "intentional." And, although they encourage it, it's not something the boys have to do. We try to role model giving and

it just happened with him," says Aspen.

"I think it's important for them to know how lucky we are compared to some other places in the world," adds Matt.

President and CEO of Compassion Canada, Barry Swanson, says that James's donation was "a very moving act of kindness."

"I was moved because I was trying to imagine what I was like at that age and all the bubble gum and one thing I could have bought."

There are children who fundraise as groups a few times a year, as well. Kids Aid to raise money for the their

city but Swanson says it's rare for a child to donate the way James did. Swanson's next goal is to thank the person that gave \$100,000 "for those who donate large sums of money."

"With this child's age and no money, circumstance this six-year-old's gift is worth more than the person that gave \$100,000," says Swanson.

"The thank you card remains on display in the Peggs's home; it had its start on the grass and now it sits on the kitchen table. Aspen says it moves from time to time since James likes to look at it. He says, again, that it makes him "feel good."

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Southern Theresa Spence is looking forward to downsizing and planting a garden at her home in Saskatoon after a two-month tour. BRIDGES PHOTO BY MICHELLE BERG

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Andrea Corio plays ball polo at Opterist Park, her favourite place in Saskatoon. BRIDGES PHOTO BY MICHELLE BERG

BRIDGES COVER PHOTOS BY MICHELLE BERG, MICHAEL BELL AND TROY FLEECE

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READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

• MYRNA PETERSEN

Family exploration uncovers personal story

Imagine my delight after discovering, in 2008, a Danish book written on the centennial of my deceased father's first cousin.

When Danish journalist Erik Hønselt released *Anna: Hønseltens* (2008) shortly after her death in 2001, the country was abuzz and the first Danish press run of 4,000 copies sold out within a few months.

I met our one-eyed cousin Anna while I was a teenager and she was in Canada visiting relatives. While she didn't speak English, we could converse in Danish. I immediately noticed her kind eyes. We were aware she had a checkered past and knew she'd lost her son as a school cut when American soldiers discovered her hide-out with her Danish lover,

who was a secret German spy.

But we were quite unaware that she would have been executed before a firing squad at the Kamp of Denmark had not intervened at the last hour and had her sentence commuted to life imprisonment. Following 31 years in prison, and a mysterious disappearance from her own nation, Anna Hønselt resurfaced in Germany and threw herself into humanitarian work. An advocate for vulnerable children during the Vietnam War, she often wandered through the jungles to find war-torn children who were in desperate need of much-needed attention. To thousands she was regarded as an "angel of children" but as her Danish homeland, she was considered a devil-traitor.



Myrna Petersen

For more than a year, Erik Hønselt and I worked together to translate this incredible story. This was not an easy process since English was his third language and my knowledge of his language is limited. Giving credit to the wonderful invention of the Internet, online we discovered

as dozens of emails and translated pages. Don't look any further over the ocean. We completed the English draft in October 2011, which in fact, in his final literary work. In January 2013, Erik Hønselt passed away.

Last November I travelled to Denmark to meet Erik's widow and learn more details about Anna's controversial life. The translation of this book has been a truly rewarding exercise since I've uncovered an incredible story and gained greater insight into my family tree.

Anna – Widow of a Gestapo Boss by Erik Hønselt with Myrna L. Petersen is available at the Artful Dodger in Regina, Saskatchewan's McNally Book Store, or by inquiring at annastory@me.com.



Make a difference this summer!
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Ages 12-15

@ the University of Saskatchewan

All youth, ages 12-15, are invited to "Bite into Summer" this July in Saskatoon. During this five-day Youth Camp, you will learn about important issues such as food sustainability and agriculture, while having the opportunity to work together with like-minded individuals to find food solutions to global issues. Ag in the Classroom and 4-H want you to make a difference. Develop your communication and leadership skills through teamwork, demonstrations, team activities, discussing important issues, and of course, having fun! We will be taking off the camp with the amazing and inspiring guest speaker, **Craig Kieburger**, the co-founder of Free The Children & Me to Win! This amazing opportunity will allow you to enjoy summer adventures & meet new people!



Registration

Find registration forms online

<http://www.4-h.ca/ag-in-the-classroom>
<http://www.4-h.ca/ag-in-the-classroom>



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ON THE COVER

I really love gardening.
— Theresa Sokyrka

FUN IN SASKATCHEWAN

Nothing beats a summer in Saskatchewan

Theresa Sokyrka, Caitlin Taylor,
Amber Holland and Gene Makowsky
share their summer plans

By QC staff

It's undeniable: Summer is the best time of year in Saskatchewan. From forts to work camps at the lake, there are many ways to have fun and keep busy — or relax. QC caught up with four notable Saskans to find out about their summer plans.

Our hosts Caitlin Taylor, the Saskatchewaner, is planning a vacation to the Athabasca Sand Dunes, musician Theresa Sokyrka is looking forward to digging in her garden, after 17 seasons with the Roughriders. Gene Makowsky's summers are the fun thing, the province's curling sensation Amber Holland thrives in winter but loves summer time on her patio.

Theresa Sokyrka

Theresa Sokyrka spent the first half of her summer driving the Trans-Canada Highway promoting her new album, *Prize Winds*. Aside from short visits she hasn't been back in Saskatoon for seven years. What's new looking forward to summer in her hometown?

Q What are your plans for this summer now that you're back from touring?

A I've been out for a year, so the summer will be dedicated to finding a decent place to live on my own in Saskatoon. I plan to do a lot of yard work at my rental property. I own a home in Bama, Vista and I really love gardening. I haven't had the chance to do it over the last two years, so it'll be nice to dig in the dirt for a little while. Maybe plant some delicious vegetables in my backyard and just eat them all! But I definitely have to get out to Emma Lake and Wapiti to hang with my friends for a little while. I'm really looking forward to being here.

Q What are some things you can't leave home without?

A I can't leave without my yoga mat, for sure. If I didn't go yoga I would probably go nuts. The girl who I'm travelling with, orange and yellow. Michelle Robinson, we have



After touring for two months, Theresa Sokyrka is looking forward to relaxing in Saskatoon and enjoying a garden this summer. (Photo: Photo by Michael J. Moore)

a snack bag and we have this brilliant little song (it's sung) when one of us wants something from the snack bag. It has six words of nice little creakers, firs and gnawls bars that you can eat while on the road. So you can't leave without your snack bag (sing the song). And a croissant bag. We do a lot of croissants along the road. And usually a map

is helpful as well. You only so much on technology and a GPS, then you drive through Ontario and rural Manitoba, then you realize, 'Oh my god, I don't have service in any of these places', and it totally screws up all the time. Maps are, bringing them back. They're pretty helpful little things. Maps are where it's at.

Q What's your go-to drink at the summer?

A I tend to look for any kind of fruit, which is really great. I haven't been back for just last for about four years.

I'll hopefully try to make it to Moss Creek. I'm just going to try to get in as many festivals as I can and just take in a beautiful beautiful Saskatchewan summer.

I think the best-kept secret is that there's such a variety of things to do. There's so many lakes, but then there's also Mosaic, fashion week, go-karting, camping and museums and all that kind of stuff. —Caitlin Taylor

Caitlin Taylor

Caitlin Taylor has what she calls "the coolest" summer job ever: As the province's drink — and first female — Saskatchewaner, Taylor gets to explore and promote the province and document her experiences through social media. The 39-year-old has been touring the major cities, small towns, lakes and forests in Saskatchewan. The avid baker and horse lover has done everything from volunteer and hiking to making gourmet mustard and touring museums. She says she's loved every minute of the 5,000 kilometers she's traveled so far and thinks she'll put on at least 10,000 more by the end of the summer.

Q What's the coolest thing you've got to do so far this summer?

A Trying to find wild horses in the Brewster Forest in Francophonie (Baffin). We weren't really sure if we were going to see them. We looked all day. We went on the quad for like six hours driving around trying to find them, but we couldn't. We decided to get up at 4 a.m. in the morning and go out again and we found them the second time. I was so glad we gave it another shot. After high school, I moved to BC to work for a horse trainer and I've been riding since I was little. I have a passion for horses and seeing wild ones has always been a dream of mine.

Q Where are you most looking forward to in your adventures?

A I am planning a trip to the Athabasca Sand Dunes. That's going to be challenging; every Saskatchewaner before me said they were going to do it, but it's super hard to plan. They are at the very northwest corner of Saskatchewan. You can't drive there, you have to fly and so we drive up there, it's super wild.

Q What do you think is the best kept secret in Saskatchewan during the summer?

A There is actually so much to do and see in Saskatchewan. I get to debate my entire summer to do that and I'm finding that there isn't enough time to do all of it. I've already been having to make tough decisions like, "I want to do that



Saskatchewaner Caitlin Taylor takes on a quest south near Beaver Creek. She's planning a trip to the Athabasca Sand Dunes this summer. **STIGTS PHOTO BY WENDY WONG**

or this," because two great friends happen to be on the same weekend. I think the best kept secret is that

there's such a variety of things to do. There's so many lakes, but then there's also Mosaic, (Saskatchewan)

Fashion Week, go-karting, camping and museums and all that kind of stuff. There's just so much to do and

see. I think Saskatchewan's best kept secret is its variety of activities. **Continued on page 8**

I am a very busy person, so I tend to have a lot of activities, even in the summer. It's my time to step away from curling and relax. — Amber Holland



Carlo: Amber Holland enjoys summers on the patio in Regina's Mansarovar neighbourhood. She likes to bring the golf course with her and reconnecting with her neighbours. **WHEELS WORTH A WHOLE LOT**

Amber Holland

For a person who's dedicated her life to a winter sport, summer is very important for Regina's Amber Holland. The Saskatchewan Curling Association president and skip of the 2011 national women's curling championship team travels by golf cart and partakes in an occasional beverage. You're more likely to find her in her backyard or visiting with neighbours in Regina's Mansarovar West area than on a bench.

Q What is most important to you about summer time?

A During summers are about down time. I am a very busy person, so I tend to have a lot of activities, even in the summer. It's my time to step away from curling and relax.

Q What keeps you busiest?

A Golf. I don't pretend to be good, but I will like trying to beat my dad (Kent Holland of Carleton Place).

Q Are you a serious golfer or do you enjoy a beer between swings?

A I'm both. I'm still competitive and I like to keep score because that's important. But you can still do that with a beer in your hand.

Q What else do you do?

A I love my patio. I'd never say that I'm a gardener, but I like to put around with my flowers and sit on my patio and read a book and maybe have a beverage or two. Summer is a time to reconnect with my neighbours. I have great neighbours. And I don't get to see them in the winter.

Q What is your beverage of choice?

A I like beer in the summer. And I like an occasional whisky. But anyone in curling knows that I am a mix and Coke girl. I keep telling that to the media so people will buy me drinks. But it doesn't always work.

Q What sort of travelling do you have planned this summer?

A We have a summer curling camp in Niagara. We're up there for eight days, so even though I'm working, it's still cool because it's a camp for

kids and it's about getting the fun back into curling for me. I have a sister who lives in Alaska, so I like to go down there. I also have a sister who lives in Ottawa, so I try to get out there, too.

Q Do you do anything to keep in shape for the curling season?

A I am in the gym three to four times a week. But on a day that for me is down time, for Margo to just stay fit and stay healthy. I am not getting any younger. *Continued on Page 10*

ADVERTISING FEATURE

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and a fantastic product the customer is sure to be satisfied with their new countertop.

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The **Trend Glass** product is produced with up to 72% post-consumer recycled glass and a low carbon emission production process. By re-surfacing existing surfaces, Granite Transformations can divert over 1.8 million lbs of waste from the landfill worldwide per year. Additionally, Granite Transformations is recognized by numerous associations and certifications such as The GREENGUARD Environmental Institute, NSF International, and the U.S. Green Building Council, just to name a few. Granite Transformations truly is a product that you can feel good about having in your home.

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Certainly (summer is) a very intense time of year when you're playing football... You really miss a lot of the summer, the best part of the year weather-wise in Saskatchewan. — Gene Makowsky

Gene Makowsky

During his 17 seasons with the CFL's Saskatchewan Roughriders, Gene Makowsky's summers were all work. When he announced his retirement from football in February 2012, three months after his election as MLA for Regina-Devonway his life changed drastically. Now the 45-year-old has time to spend with his wife, Tami, and father (he has three boys — Nicholas, 11, Ryan, 9, and Blake, 6) as well as more family time during the summer months.

Q How do you like to spend summer?

A Generally the most fun here in Saskatchewan are things you want to be outdoors. We like to spend a lot of time in our yard, in our neighbourhood (Windsor Park), and on walks. We go with the kids to Wascana Park or to lakes in the area — Talus, Poppo, Buffalo Pound, that kind of thing. I like to golf, so I try to get out golfing when I can.

We're just a day trip (family). Playing football for as many years, we didn't really have a summer. We don't have a lot, we might have a few sleeping bags that's it. We've just been day-trippers out to the great beaches we have here in Saskatchewan.

Q How much different are your summers now?

A Certainly (summer is) a very intense time of year when you're playing football. You're always in meetings, you're always at practice, there's very few days off and so you really miss a lot of the summer, the best part of the year weather-wise in Saskatchewan. It's taken a while to get used to just playing. I'm not sure all the time, I think that's the biggest thing.

Q With more time, are you planning any family trips?

A We're kind of a football family now, so only do we watch but my boys are now playing. I caught my two oldest sons in flag football (last June-July) and first week in August we are back on the football field with tackle football in the fall.



Gene Makowsky gets excited about flag football teams in the University of Regina. The former Roughriders now coaches his sons in football. (Photo: Michael Smith/MLL)

so not a huge mistake to do a whole lot of trips.

Q Do you still go to Rider games?

A Oh, absolutely. We go four

season tickets and our family goes, we enjoy it — my wife and two oldest. It's going to get interesting here with my little guy. He's not that interested yet in coming but I'm sure

he will be in the next few years. We'll have to somehow find a fifth (seat) in our area.

Q What's your favourite food to eat

in the summer?

A Everybody loves a steak on the barbecue. I think in the summer time. It's one of my favourites, for sure.

THE TOP TEN

FUN CHEAP THINGS TO DO WITH KIDS THIS SUMMER:

■ Cool off at an outdoor pool or splash park.



■ Move your body at a skateboard park, or just for sun-bonbonz in-line skating and BMX, taking a welcome Skateboard track, also down to different parks each day to teach skills. Call 336-675-3378 for info.



■ Catch a big one at the Forsyth Farm Parks Fishing Pond (\$2 adult, \$1 under 10) or off the Kinnelon Fishing Platform near Silver Street and Spedden Crescent.

■ Go for a picnic in one of the city's parks or for a drive out to Cranberry Hills.



■ Go for ice cream! The summer isn't complete without a trip to the Bus Stop Popsicle Parlor at River Landing or ... the hot spots on Phoenix street carts are also popping up every where.

Or you can:

■ Take them golfing, Silverwood has free golf for those under 14 with an adult after 4 p.m. 10 and under enjoy new tees at Valley Park Course five 9-hole wooded or Silverwood courses for \$7.

■ Get creative at the Merrell Art Gallery's free Something on Sundays from 2 p.m. to 4 p.m. every week.

■ Visit library The Spokan Public Library is celebrat-

ing its 100th birthday this year with a variety of events, plus there is always free programming at the library's night branches. And make sure you join the TD Summer Reading Club.

■ Take a live, fun and free Theatre in the Park show presented by Sun Theatre. Also in Woodland is playing July 10 to 26 in 16 different parks. Visit www.suntheatre.com for the schedule.



■ Visit one of the city's many farmers markets to sample locally sourced food and meet the farmers. The new Courthouse Farmers Market at the Centre Mall often has live music and food-themed parties.

IN THE CITY

THURSDAY, JUNE 27, 2013 — 4:16 P.M.

Making a splash in the city



Kelly Milroy and Bobby Smith ride their bikes through the flooded Spadina Road by Wynne Drive. The South Saskatchewan River was running at its lowest and highest levels in 100 years last week. The river was flowing at 2,000 cubic metres per second, faster than it was when the water hit record levels in 2005. (MILROY PHOTO BY MICHAEL B. SMITH)

YOUR FAVOURITE PLACE

Bridges wants to hear about your favourite place in Saskatoon. Email bridges@thestarphoenix.com

#OPTIMIST PARK

Bike polo brings life to Optimist Park

By Angelina Irtinich

Andrea Coscia grew up playing a number of organized sports, but has recently fallen in love with bike polo. It's similar to traditional polo, but bicycles are used instead of horses. It all started in Optimist Park about a year ago when she took in her first bike polo tournament and was "totally captivated" by it. The Saskatoon Bike Polo League (SBPL) is in its fourth season and uses the tennis courts at the park for games, training and tournaments. Now the 38-year-old gets to play her favourite sport at her favourite place in Saskatoon: Optimist Park. The park is home to the stars of the Riverdale neighbourhood — something Coscia loves about it.

Q What is it about Optimist Park that makes it your favourite place in Saskatoon?

A Part of why I like Optimist Park so much is where it's located in the Riverdale neighbourhood, which is an exciting place right now. There are a lot of exciting things happen up here and a lot of local enterprises surrounding it are incredible. The other thing about Riverdale is that there are a lot of things that have been there for a long time that have not necessarily been acknowledged or have been overlooked. Part of why I love Optimist Park so much is where it's located and the entire morale associated with Riverdale.

Q Why do you think Optimist Park has been overlooked?

A I feel at this point it's been overlooked because it's absolutely gorgeous there, but I don't know all and I'm not sure. SBPL is the only sort of group that has been utilizing the tennis courts here — they are in pretty rough shape. Even though there's an entire green park filled with beautiful trees and it's incredibly open, I feel like not enough people have been to this park.



Andrea Coscia plays bike polo on the tennis courts in Optimist Park, her favourite place in Saskatoon. (Special photo by Andrew Wong)

Q Do you come to the park for anything other than to play bike polo?

A At this point I feel like it could be used for a lot of recreational events, but I can't go for bike polo right now. That's usually between two to five times a week, so I feel like I spend a lot of time there anyway. SBPL, as a whole specifically goes there on Sunday and Tuesday. However, when we

have extra time there's quite a few of us that go on often as possible and get in some training and practice as well. We've started ladies' night, which happens on Thursdays.

Q Why do you like bike polo so much?

A That's a very good question (laughs) because I'm very much in love with bike polo. I think beyond the sport itself, which is a very

unique set of skills, you have to be able to have a good understanding of the way your bike moves, you have to have good hand-eye coordination and it requires a different set of skills happening all at the same time. And the community in and around Optimist Park is incredible. So many children come out and check out bike polo every Sunday and Tuesday. We've had so many

awesome conversations with kids wanting to learn how to play bike polo or want to know when we're going to come here next. On top of that the bike polo community itself is incredible and very supportive. I'm very grateful. Even though our club is small (20-25 members) they have been very welcoming to me. (Bike polo) also brings diversity into my neighbourhood that it's not

MUSIC

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KAY THE AQUANAUT

Sask. rapper believes in faith, love and humanity



As the Aquanaut is known in the underground hip-hop scene for his social consciousness and 'folk' writing style, he explores justice, social issues and human rights in his songs. (Photo by Michelle Biles)

By Angelina Itrinic

Local underground hip-hop MC Kay (the Aquanaut's name goes beyond just beats and rhythm; he identifies as an artist and views his music as an art form).

In fact, when asked if he could collaborate with anyone — dead or alive — he didn't choose a musician but the late neo-expressionist artist Jean-Michel Basquiat. He says whether someone chooses to use paint on a brush or fingers as keys

is still giving off the same energy, and perhaps music goes more of an "abstract" visual.

"I think people's imaginations can paint some pretty beautiful thing, way from songs and music," says the 31-year-old rapper.

Kay wrote his first rap song when he was "very young" and decided to make a go out of music full time around 10 years ago. In that time, he's released nine albums, toured much of the globe and has made a name for himself in the underground hip-hop scene. He's known for his social con-

science, and what he calls "folk" writing style, that delivers deep into politics, social issues and human rights.

"I'm an optimistic person. I have faith and love and humanity and I don't want to be reggie; something that when I'm older I'm going to look back on and regret," says Kay. "I'd be happy if someone is listening to my music 100 years from now and can still relate."

Not about the money/love about the power/love respect of social media/love? — a line of a song from Kay's newest project — an album re-

leased in February by him and local producer Factor. Letters from Laila took about a year to create and will be released in Europe in August. Kay came up with the idea based on the controversial story of Laila, a dog who was the first animal to go to space when the Soviets launched her in 1957.

"I took a take on if that dog was able to write and listen to hip-hop beats what kind of album it would make," he says.

He credits creating art to his will, being and inspires it to those who

need to "go to the gym or move their arms" in their spare time to relax.

"It is as much for my sanity as it is for me wanting people to check out the music," he says. The one thing he does want for his listeners is for them to feel inspired after hearing his music — whether it's good or bad feelings.

"I think the most self-defeating thing about art is when you play for someone and they hear it and there's no response. Whether it's positive or negative, as long as it's making some kind of reaction and response from them, then I'm happy."

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ON THE SCENE

SASKTEL SASKATCHEWAN JAZZ FESTIVAL



For many in Saskatoon, the kickoff to summer is the SaskTel Saskatchewan Jazz Festival. The festival, which ran June 2-11, welcomed a wide range of musical genres to the city. Over 80,000 people hit jazzfest every year for the jazz, blues, funk, pop and world music. With performances in bars and clubs around the city plus an outdoor live stage and the

parade of them all, the TD Mainstage in the Rosborough gardens, there was a venue for every budget and every taste. Bridges was On the Scene during An Evening With Horbe Hancock on June 25.

1. Horbe Hancock and his band play
2. Kaitlyn Laurs and Mark Gade

3. Sean Grant takes a photo of the band
4. Brett Bator and Sap Phane Roachar
5. Irene Elliot and Ewen Hampton
6. A group takes shelter from the rain.
7. Caroline Tyler Channing and Linnell Butler

BRIDGES PHOTOS BY MICHELLE BERO



#CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

- "Kurtz" precedes
- Wardrobe (sawed)
- Declined
- Polysynthesized (at school)
- ... Linda (JAN) (winner since 2002)
- "The Segments" on view
- Stated movement
- Shopped ____ (for the food)
- Discontinued
- Go forward
- For last words?
- Baron takes the role
- Wish, quadruple or more
- ... rock
- Boat (trap) (sawfish often takes)
- Use some stockings
- Popular chant (pastor subject)
- Take over a hole in a rug
- ... been there"
- Send to shore
- Wipe ...
- Small number
- Precede
- Press
- "It's about" for the show's million
- Lady Gaga and others
- Brightest star in Lani
- How? 17, 23, 31 and 33 (answer not on one way)
- Like crime in film
- From someone's chair
- "You Are My Darling" (play)
- Unconspicuous words
- Hook up with
- Accident investigator for about

DOWN

- For game
- Caravan's add-on
- Adding up
- Islands
- The bus stops here (abbr.)
- Possible crop (vegetable for about)
- Play a constitutional
- Minor of (met)
- From Japanese valley city
- Unpleasantly a.k.a.
- Out
- Get down
- Take marks off
- End
- Andrew Robinson of "Last Christmas" (singer)
- Twelve (met)
- Is not up again
- Met (4) Across (committee of Captain America and the Hulk)
- Pro-wolf, rock out on
- Equipment in same film
- Winnings or diverts
- Waffle
- "What's ____ better"
- Past three
- Watch
- ... diversity
- Classy (saw)
- Veget
- Many a stretch
- "I was proud ____ we not know?" (book "Your Asian Tigers")
- One of the so-called "Three Asian Tigers"
- Use tapestries
- Islands (comparative)
- Observed by (responding)
- Actor Steve
- Post it (its)
- Alphabet
- Standard (at)
- Control an orchestra (met)

PUZZLE BY ALAN BROWN

JANRIC CLASSIC SUDOKU

Level: Bronze

All in the blank cells other numbers are 0-9. Each number can only appear once in each row, column and 3x3 sub-grid. Use logic and process of elimination to solve the puzzle.

The difficulty level ranges from Bronze (easiest) to Silver to Gold (hardest).



Sudoku is the crossword puzzle and the Sudoku center found on Page 20

Cameco Family Day at the ZOO



Media Partner The StarPhoenix

Sunday, July 21st

Saskatoon Forestry Farm Park Zoo
10:00 a.m. - 5:00 p.m.

Activities for children of all ages!

Raptor Flight Shows by the Canadian Raptor Conservancy

Singer Brenda Baker

Stage Shows and Stations by FunTime Entertainment

Wacky Wizard Magic Show

Apollo Jumps

Temporary Airbrush Tattoos by Warren

Face-painting

"Big Game" from the Circle Factory

Conservation and BBQ stations available

Meet some of our social and animals

Interpretation Stations (animal artifacts)

Meet the Keeper team at various animal enclosures



\$30 Family

Includes 2 adults and up to 3 children from the same household!

Go for Saskatoon Zoo Society members or StarPhoenix coupon holders

Member parking and parking fees still apply

No gift cards or Future Savings grants accepted from 10:00 a.m. to 5:00 p.m.

Guest pass only at above

Find more at the Saskatoon Zoo Society's environmental education programs

StarPhoenix Family Day Coupon

\$5 off family admission

Save \$5 off per family admission charge at the Zoo! For each child (25 off family admission) adults and up to 3 children 18 years or under from the same household. Coupon is good for Sunday July 21, 2013 from 10:00 a.m. to 5:00 p.m. only. Coupon has no cash value. No other coupons redeemable on this day. One coupon per family purchase. One City City members receive the coupon. Please bring your membership card.

For more information saskatoonzoo.society.ca

WINE WORLD

1 LOHR RIVERSTONE CHARDONNAY

Sip this Chardonnay and watch the river flow

By James Romanow

There are few happier ways of spending an evening than making a good book and drinking a glass of wine. When I read a Nero Wolfe I develop an insatiable craving for booze. With Cassamini's members I found myself well on my way to Proust.

But ignoring the voluminous collection of fiction by the author, your choice will always depend on your own tastes. As I was reading Anthea Bell's latest, *Whodunnit*, I felt it only proper to try out one of Anthony's favourite wines, Lohr Chardonnay.

There is a big fan of ripe chardonnays: me, not so much. But this is no longer as true as it once was. Although it's possible the wine was Tony's prize, I found myself enjoying it back to a wine that I consumed by the barrel in the late '80s and '90s.

Lohr's Riverstone label is part of the reason. They grow the vines on the banks of the Santa Lucia river, about 40 kilometres from the coast. The cooler evening breezes make for a more balanced wine than those made from hotter inland vineyards.

The bouquet is slightly citrus with some hints of peach. The palate is pure chardonnay with a delicate acidity and that nicely understated grapefruit finish. The finish is lighter than you find in wines from Chablis.



but will suit any number of drinkers for that reason.

This is a very nice drinking wine, particularly suitable to long afternoons watching the river flow. I would strongly recommend you drink it a bit warmer than is usual for a while, around the 12 to 15 degree mark. I enjoyed a good part of the bottle at room temperature. But as noted above, it's always best to suit yourself.

J. Lohr Riverstone Chardonnay 2011, \$24.99. More Chardonnay on Monday's StarPhoenix or on Twitter @dbruce.

Crossword/Sudoku answers

RAMS	SCARF	BADE
OLED	TIMOR	ELER
WOLF	DNAME	BITA
LEDTO	LOSLOS	OS
WEIVR	KETNIT	TE
JEANNIE	GGAR	
ALT	NAP	NILON
CHE	WOR	CTAT
KIRBY	SEC	TEW
CLAN	NK	ELOR
NON	TISS	EL
OMAREPPS	OLVAS	
VERGA	EAST	TON
EGGY	CLIOS	ANAL
NAYS	TICTO	NTER

9	8	3	2	1	6	7	5	4
1	4	6	3	5	7	9	8	2
5	2	7	8	4	9	6	1	3
2	9	1	4	6	5	8	3	7
7	5	8	1	2	3	4	9	6
3	6	4	7	9	8	5	2	1
8	1	2	5	7	4	3	6	9
4	3	9	6	8	1	2	7	5
6	7	5	9	3	2	1	4	8



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EVENTS

MUSIC

Thursday, July 4

The Pungy Boys
Crawlers Restaurant and Lounge
601-221 Phoenix Ave. N

Friday, July 5

4 Front
Army & Navy Veterans Club
359 First Ave. N

Emily Howell
Melody Melodians
3130 Elphinstone St. E

Kajaph's Rhythm Kings
Fairfield Seniors' Centre
123 Summit Circle

The Kentucky Headbangers
Dakota Dances Casino
354 Dakota Dances Way
Wilmette

Georgina Bill Dogs
Peggy's Pub & Grill
1403A Highway 102 N

The Big River Boys
Black the Bottom
8348 Broadway Ave.

Saturday, July 6

The Tragically Hip
Crestline Casino
121-1215 Thunder Ave

Brothers of the Road
Downtown Lounge
506 Spadina Circle W

Lady Hawk
Magma Lounge
3221 Louise St

The Lost Boys
Melody Melodians
3130 Elphinstone St. E

Ill Adventure: Kidejo, Ajah, Nana Kudjo and Miles Duff
The Ochope Events Centre
241 Second Ave. S

4 Front
Army & Navy Veterans Club
359 First Ave. N

Friends of Fox, Perry Bonnell w/ Rendeau Com. presents and Cansera
Amigos Cantina
632 10th St. E

Georgina Bill Dogs
Peggy's Pub & Grill
1403A Highway 102 N

Sunday, July 7

Lady Hawk
Magma Lounge
3221 Louise St

Mary Gauthier w/ Scott Nelson and Joanne Miller
Amigos Cantina
632 10th St. E

Shore Jam
Wang's Tavern
811 Broadway Ave.

Tonight It's Poetry
Lyn's Pub
650 Broadway Ave.

Monday, July 8

SNFU w/ Deheated
Amigos Cantina
632 10th St. E

Tuesday, July 9

Joye Gace (Lugawg) w/ Joe Anderson (Craig the Bear) and Sorekas
Amigos Cantina
632 10th St. E

Open Mic
Lyn's Pub
650 Broadway Ave.

Wednesday, July 10

Open Mic
Rock the Bottom
4348 Broadway Ave.

Johney Broadway Record Store
Wang's Tavern
811 Broadway Ave.

Shouted Out
Lyn's Pub
650 Broadway Ave.

ART

Mendel Art Gallery

Until Sept. 15 at 60 Spadina Cres. E. The Automobile Revolution: Montreal 1941-1960 is a comprehensive exhibition about Canada's first mass-award-jury movement, featuring works by Jean-Paul Riopelle and Paul-Émile Borduas. An Art of the Mirror of Light by Eli Borstman. Snapping Testicles: Between the Art Scene 1930-1964 examines a lively period in the province's artistic development, featuring Stanley Burns, Arthur Keston and Otto Rogers. Lessons by Rodney LaPointe is an installation of geometric structures featured in the exhibit The Artists by Artists.

Exhibition: Alfred Stieglitz, features works by Cate Francis and her mentor into Hester Lawe. Stieglitz is a sculpture by Lynn Adams, was recently donated to the Mendel Art Gallery by BMO Financial Group and is on view until Sept. 3 at the Wendon Development Museum.

Art: Mating leads to a free abstract painting workshop for adults on July 1 at 3 p.m. at the Mendel Art Gallery.

Materials provided. To register, call 306-975-4164.

SCOMP Gallery

Until July 5 at 253 Third Ave. S. Work by 14 of SCOMP's research team and work by three young artists. Thresholds by Louisa Neppan, runs July 5-26. An exploration of rites and passages inspired by a collection of poems. A reception will be held July 1 from 6 p.m. to 9 p.m.

Affinity Gallery

Until Aug. 5 at 63 Broadway Ave. S. An exhibition by the Talley Collective, showing the diversity and vitality with which Canadian artists use the table includes three three-dimensional winners. Luis Christensen, Scottie, Chantal Gilbert and Kyle-Yeon Son.

Open Mic

Lyn's Pub
650 Broadway Ave.

Wednesday, July 10

Open Mic
Rock the Bottom
4348 Broadway Ave.

Johney Broadway Record Store
Wang's Tavern
811 Broadway Ave.

Shouted Out
Lyn's Pub
650 Broadway Ave.

A reception will be held July 5 from 7 p.m. to 9 p.m.

Peel Art

July 5-19 at 424 20th St. W. Peel's Kitchen A. Four-square, Mill encounters the Peel Islands Collection. Asked to submit a proposal for an artwork to the U of S, Miki Mijares created Peel Islands and evolved collection and made a video of the encounter. With a critical text by Andrea Linding, a reception will be held July 5 at 6 p.m.

Scout of Marlow Studio

July 4, 10 a.m. to 6 p.m., and July 7, 12 p.m. to 6 p.m., in the area of Marlow Beach, Watrous, Meacham and Vincent. Visit the studios of 6 artists. Follow the signs on the free self-guided tour to discover artists sculpting in clay, wood, soapstone and bronze, patterns, patterns, jewelry artists, a textile artist and furniture makers. Visit www.scoutofmarlow.ca

Rough Gallery

Until July 6 at 209-345 Third Ave. S. Breath It features paintings and printmaking by Horowitz, Marg and photography by Martinsson. "Tint" Thomas. Not Hot House, a group summer exhibition, runs July 9 to Aug. 5.

Creative East Galleries

Until July 7 at The Centre Overlay for the Wild About Saskatoon Festival in the Jude gallery, work by Jennifer Givens in the Andrew Givens work by Different Strokes in the Sierra Gallery, work by Heritage Bug members in the Grimm Gallery, work by students of Vanier School in the Leander Gallery. Display by Summer Festival in the Royal Gallery, until Aug. 11. Display by the Saskatoon Public Schools in the Magma and Indigo Galleries. The galleries are located at The Centre. Open daily.

The Gallery/West Placement

Until July 11 at 228 Third Ave. S. By the water's edge. A selection of watercolours and water-themed works by gallery artists to celebrate the start of summer.

Wild in the City

Until July 20 at Umetal City Centre & Tapp, 19 Second Ave. N. A selection of urban wildlife art. A Metaxa City Festival art event.

AKA Gallery

Until July 20 at 424 20th St. W. Selects a piece, from 2012, by Andy Chordant. Cassino and mixed-media works, incorporating found objects, archival images and traditional methods of bookwork, mosaic, floor painting and quilting. Please Stand, a three-dimensional art project conceived by John G. Henson, placed throughout Saskatoon and Regina among billboards. It stands some of Canada's finest most visible artists.

The Gallery/Frances Morrison Library

Until July 25 at 311 23rd St. E. Maudslayi, by David Carlsen. Mixed media, engraved interior doors, paint, ink, electronics and musical instruments are combined in this exhibition.

Heritage Bug Showcase

Until July 27 at 730 Broadway Ave. Seating Down by Jennie Russell. Smaller carved sculptures made just for the show.

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Nikea Coffee Bar

Until July 30 at 418 Herald St. Watercolour and acrylic paintings by Different Strokes Art Members.

Stations Arts Centre, West

Through July at 701 Railway Ave. Westside: The David Bell gallery will be collecting a variety of art from its collection.

The Head West Gallery

Until Aug. 9 at 401 Third Ave. N. Meacham: Cedar, by Paul LaPointe. Etchings. An exhibition of cedar wood sculptures and woodcut prints.

Darkside Centre

Until Aug. 31 at 110 Grepper Circle. Westside: A Friends group show, featuring a variety of mixed media in a variety of subjects.

Gallery on the Bridges

Through August in the Arts at Saskatoon City Hospital, Laidlaw: watercolours by Patricia Clarke on the third floor, landscapes and cityscapes by Sherry Taylor on the fourth floor and acrylics and oil on canvas by John Olfstrom on the sixth floor.

Western Development Museum

Until Sept. 2 at 240 Centre Ave. S. Laidlaw: by Ron Adams. The sculpture exhibit playfully reimagines everyday materials, farm machinery, grain silos, automobile parts, signs and window treatments transform into Western worlds and imaginary landscapes. It is presented in collaboration with the Mendel Art Gallery.

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Black Apocryphal Gallery

Through September at Northside Art spaces on Highway 2. On the Northside, a group show. Original works representing Northern Saskatchewan and the boreal forest.

Saskatoon Summer PROMS

Thursdays until Aug. 29, 7 a.m. to 8 p.m., at Third Avenue Centre, 304 Third Ave. N. Performances by local musicians from 2:00 p.m. to 8:00 p.m. featuring jazz, folk and soul. Tickets: \$10. Visit www.thirdavenuecentre.org

SPECIAL EVENTS

Saskatoon Summer PROMS

Thursdays until Aug. 29, 7 a.m. to 8 p.m., at Third Avenue Centre, 304 Third Ave. N. Performances by local musicians from 2:00 p.m. to 8:00 p.m. featuring jazz, folk and soul. Tickets: \$10. Visit www.thirdavenuecentre.org

EVENTS

Prerailined Junior Ag Show
July 4-6 at Prerailined Park.
A 4-H and youth event
of special emphasis
designed to encourage the
interest and participation of
Saskatchewan young people
in agriculture and rural life.

Five-Year Choir and Orchestra Concert

July 7, 7:30 p.m., in Quinlan
Theatre at the U of S Educa-
tion Building. The University
of Saskatchewan Symphony
Strings and Wind Orchestra
performs in preparation for
their upcoming European
tour. Featuring the perfor-
mance of its works from
continental band and choir.

20th Annual French Sum- mer Festival

July 5-7 at Grande Merle
Centre, La Ferre Farmstead.
Features free camping, family
and children's activities,
artisan market, slow food
market on July 6 (must
purchase for the meal), a
different concert and musical
guest Maria Callas from
Montreal. Visit francesummerfestival.saskatoon.ca or call
1-800-991-1912.

Tack Sale

July 5, 10 a.m. to 7 p.m. and
July 6, 9 a.m. to 2 p.m., at the
New Ag building at Prerailined
Park. Hosted by the
CC Riders and CC Riding
Saddles, Juries, halters,
bits, boots, bridles, English,
Western blankets, cooling
pads, brushes, hays, helmets
to sell. Call 306-978-1636,
email benben@ccrider.net or
visit ccridergroups.yahoo.com or
www.ccrider.com.

Canada Remembers Our Heroes

July 6-11, 10 a.m. to 6 p.m., at
Arla Claring Hotel
Speedway. An annual tribute
to heroes. Featuring the
two stars, CP-10 Hawk
and the Skyhawks Bar-
chute Team. With interactive



Lots of class and their owners will be on hand during the annual Pets in the Park fundraiser in Riverside Memorial Park Sunday through next week.

and education displays by
Canadian Forces, police and
fire departments. Includes
the Friends of Veterans. Visit
[www.canadianremem-
berfestival.com](http://www.canadianremem-
berfestival.com).

Pets in the Park

July 7, 9 a.m. to 4 p.m., at Ri-
verside Memorial Park. A day
in the park for people and
their pets: with food, music,
vendors and demonstra-
tions. Funds raised provide
medical care for homeless
animals cared for by New
Hope Dog Shelter. Spon-
sored by SPCA, and SPCA Street
Cat Rescue.

Charity Pancake Breakfast

July 8-12, 7 a.m. to 10 a.m., at
Great Western Brewery, 2015
Second Ave.-N. Hosted by
Great Western Brewing Com-
pany, MapleLeaf Foods &
PotschCamp. All proceeds will
go to STARS air ambulance.
PotschCamp will match pro-
ceeds up to \$20,000.

Explain Ukrainian Dances

presents FANTAZIA!
July 11, 7 p.m., at Lakeview
Church. Advance tickets
only. Visit www.potstic.com

or call 306-261-2999. Boysen
on Tour, an outreach of Boyen
Ukrainian Dance, features 16
dancers, along with their four
artistic directors. Showcas-
ing 11 dances from various
regions in the Ukraine. This is
their only performance in
Canada prior to touring the Eastern
United States.

Dancing in the Park

Wednesdays, until Aug. 7,
7:30 p.m. to dusk, weather
permitting, at River Landing
Amphitheatre, Scottish
Gaelic dancing, presented by
the Saskatoon Scottish
Country Dancers. Experi-
ence is not necessary and
partners are not required.
Wear comfortable, flexible,
non-slip footwear. Email
saskatoon@scotdancers.org or
call 306-664-7049.

THEATRE

Silk-Wool Moon

July 5-16, Tuesday to Satur-
day evenings, and Wednes-
day, Friday and Sunday
afternoons, at St. John Arts
Centre in Rosedale. Former
sweethearts Mary and Jacob
explore the humors and

disappointments of young
love as Jacob tries to win
back Mary's affections.

Joseph and the Amazing Technicolor Dreamcoat

July 6, 7 p.m., and July 7,
2 p.m., at the Royal Arts
Centre, presented by The
Summer Players. Music by
Tim Rice and Andrew Lloyd
Webber. When Joseph is
given a coat of many colors,
his envious brothers sell
him into slavery, gifted with
magical dreams. Joseph
is taken to the pharaoh,
Bacchus, a farming king,
and his brothers find them-
selves beggled at Joseph's
feet. Will Joseph forgive his
brothers and reconcile with
the sons of Israel?

Shakespeare on the Sea- katchewan

July 10 to Aug. 25 at the
Shakespeare Centre. A long
theatre. The Comedy of Errors
is a funny-fruity comedy of
mistaken identities. Macbeth
is a bold and bloody revenge
tragedy. With a medieval
flair as July is, a pizza night
festival on July 26 and
Sunday tea on July 28.

SPORTS

SSB Master Sports Teacher Dial

July 5-6 at Saskatoon Inter-
national Raceway, 13 km
south of Saskatoon on
High 10.

Thunderhead Boring

July 5-6, 7 p.m., at Marquis
Bowls. With jockeys from
Timbal and James.

Saskatoon Futures Tennis Tournament

July 6-14 at Riverside Mem-
orial and Tennis Club, 645
Saskatoon Cres. W. Use pro
tennis in Saskatoon.

2013 U21 Men's Inter- national Softball Cham- pionship

July 9-14 at Bellin Impe-
rius Stadium, Clark Howe
Park and Glen Avenue. Fea-
turing 16 teams, six
from each province, as well
as teams from New Zealand
and the US. Visit www.saskatoonmensoftball.com

OutbackCup Soccer Ride in the Park

Mondays to Fridays until
Aug. 22 at City of Saskatoon
Pleasurelands and youth
centre. Starts presented by
Saskatoon Youth Soccer
Inc. A drop-in summer pro-
gram for ages four to 16. For
a schedule visit saskatoonyouthsoccer.org.

Weekly Summer Basket- ball Camps, Leagues and Tournaments

Runs to Aug. 25 in Sas-
katoon. Offered by Young
Athlete Saskatchewan.
Camps are headed by
ex-coach and school
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FASHION

#SASKATCHEWAN FASHION

Charity Smith: Good friends always in style

By Andrew Matto

Kimberly Gall knew something: wasn't quite right.

Her friend Charity Smith was a new mother whose focus turned away from clothes. That meant she didn't always have time for fashion trends.

Smith, who regularly wore sweat pants and baggy jeans down runs, was in a funk.

So Gall, who for years dispensed fashion advice to family and on joyed creating clothes from thrift-store items, knew just how to help her friend.

Gall lent Smith a pair of shoes and started buying her an occasional second-hand dress. The friendly pointers were met with enthusiasm.

Smith, who considers the dresses "throwing like a bomb when it comes to fashion," happily accepted the gifts and advice.

Smith, 30, a Regina mother of two aged six and three, said that at the time she wasn't thinking about her appearance.

"I think I even started to look horrible after a while. I wear sweatpants, baggy jeans, and I wore my hair in a ponytail. But later, I let my hair down and I started to take better care of myself."

Gall was pleased her friend's cheery attitude had returned. "She seemed kind of sad but I knew she had this sparkling personality underneath. I hoped that she might feel better about her

self if she looked what she saw in the mirror."

Smith and Gall began experimenting with colours and accessories, and making trips to second-hand clothing shops. Their favourite is the Lee House at 2241 Dewdney Ave. in Regina.

Gall discovered Smith looked best in dresses with lighter shades of colour. Smith agreed.

"I found that dresses were cool because they didn't need to choose pants. Plus, a dress is pretty comfortable and easy to wear when you're running around after kids. Most of Smith's wardrobe is made up of thrift-shop items to which Gall applies her tailoring skills.

"I like taking clothes and turning something into something else. It looks good and we're helping her with it. That's the end goal," she said, adding Smith's dresses typically cost just \$3.

Smith took to Twitter and Facebook to show pictures of herself on cell-phone screens of her reflection in a store window as she pushed a stroller on a sidewalk.

"That started because I was making fun of myself. It was like, 'hey everybody, Charity's wearing a dress. It started as a joke but then I just took a picture when I saw I had a new dress.'"

Gall's proud of how far Smith has come.

since agreeing to take her advice.

"She says I'm her sister. We're having lots of fun with it. For somebody with two kids, I think she looks dynamic."

We want to feature your favourite outfit in Bridges.
Send a photo to bridges@thestarphoenix.com



Kimberly Gall. In photo: PHOTOBY MICHAEL BELL



1. **DRESS** Donated by Kimberly Gall. Purchased for \$28 at the Bay.
2. **RING** Purchased at the Body Mind & Soul art festival in Regina 12 years ago.
3. **BRACELET** Lent by Kimberly Gall. Her mother's, a gift from Arizona.
4. **SHOES** Donated by Kimberly Gall. Purchased for \$25 at Spring Shoes at the Cornwell Centre.

Charity Smith's wardrobe consists of second-hand style pieces. PHOTOS: PHOTOBY MICHAEL BELL

OUTSIDE THE LINES



Colouring contest

Each week *Stafford News* creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to brodoo@staffordnews.com. One winner will be chosen each week. Please send entries by Monday at 9 a.m.



Last week's contest winner
Isiah Longo.
Thanks to everyone who
submitted entries!



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SHARP EATS

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#SASKATCHEWAN FOOD SCENE

Writers promote Canadian food on cross-country trip

By Jenn Sharp

Two provinces, three territories, four months. Two Vancouver food writers are setting their way across Canada this summer on an epic road trip.

FEAST: An Editable Road Trip begins at the end of June. Friends and foodies, Lindsay Anderson, 35, and Dana VanVeller, 37, will be promoting Canadian food through stories, photographs and video during the trip.

They'll feature people and unique situations that strive to make each province's food systems more vibrant, sustainable and accessible.

The adventures will be stopping in Saskatchewan in August for an end-of-trip documentary and share our province's food culture. They plan on visiting Regina, Saskatoon, Moose Jaw and a few communities along the way. They've already made plans for a visit to Bushmiller Brewery in Regina.

"We'll be incorporating as much craft beer into our trip as possible," said Anderson with a laugh.

Anderson, aka "Iron Blonch" recently finished a one-year stint for Tourism Richmond's 365 Days of Dining Campaign. During the campaign she ate at, wrote about and photographed a different restaurant in Richmond every day. She said her experience and telling the stories about Richmond's food scene inspired the cross-Canada food trip. She's often heard that country doesn't have any "Canadian foods." Her and VanVeller's goal is to highlight the country's diverse culinary offerings, along with the people (from chef to farmer) that make it all possible.

"So rarely does Canadian food as a whole get celebrated," said Anderson.

She and VanVeller are raising money for the FEAST road trip through a flexible fundraising campaign on Indiegogo. It began June 18 and will continue until July 30. At press



Dana VanVeller (left) and Lindsay Anderson are embarking on a four-month cross-Canada food trip to write, photograph and promote the country's diverse culinary scene. They'll be in Saskatchewan for two weeks in August. SUPPLIED PHOTO

time, they've raised \$1,000. Many have also contacted the women to say they can't supply foods but have offered accommodations or food.

In exchange for donations, people can expect their own magazine subscription with four months of stories, recipes, photographs and video. The two will also be creating

a cookbook/road diary from the journey.

They want to visit a variety of food destinations, like farmers' markets and farms, not just the best restaurants in each city.

"Restaurants are great but also if somebody says 'my grandma lives in Saskatoon and is greenhouse to

more for her people' we would be thrilled to be able to experience the food culture on a personal level."

These regionally-related food stories, the ones that are important to people, are the ones they want to tell.

"We're open to any adventures that we'll get up to in our time there

and are hoping people will suggest things."

To get in touch with the FEAST is done and suggest your own Saskatchewan flexible food, visit www.editablecountry.com. If you're interested in contributing to the journey a link on the website will take you to the Indiegogo fundraising campaign.

ASK ELLIE

Husband's secret phone creates rift in marriage

Q My husband got us new phones. The bill, on my email, showed an unknown number. When asked who it was he said, just a work friend.

He then got a secret phone I managed to find the bill.

There was texting at 2:30 a.m., all day at work, and three to four hours of texting her from home till 10 p.m.

We had a big blowout, he says he never touched this woman (he's home every night).

I said it's an emotional affair, which he denies. Now he talks and blames me for him not having a friendship anymore.

He goes on the silent treatment, and only buys things for himself — a new computer, TV, etc., and says to pay my own bills myself.

He's growing over the loss of her?

I know that, but there's also my pain and the way he now treats me. I'm still paying the price.

NOT STUPID

Ask Ellie



A You're right. That seems to be what you need to hear, understandably, but it's obviously not what you're going to hear from him... not now, maybe never.

You do have a right, even against our understanding of what he's going through.

So give him space inside and don't deepen a grade-based division from which you both can't escape. Try to create some pleasant times... perhaps a movie tell him about a book you read and liked suggest a walk for both of you to enjoy the season, anything that breaches the silence.

If nothing works, ask him to go

to counseling with you to get back on track as a couple.

Q My husband's been retired for four years. He does everything in the house. So long as I keep my full-time job and don't dip into our savings, he's happy. However, I feel resentful that I'm made to get out of his hair and, even on my day off, I feel like I'm crowding his style.

I'm feeling like I'm a bother. I don't mind my job, and I make OK money, but for some reason I'm feeling the food and that he's leaning on the situation behind my back.

Uncomfortable Wife

A I sense control, which I was not has been around a long time. Whatever your arrangements were when he was working, he's now set new rules for this phase of a life he's living "apart."

You could play with some of your own rules. Take a day off and see if

there's anything going on that you don't know about. Or, come home unexpectedly early to see if you find he has something in progress.

If nothing's happening, he's just trying to carve out his own space and manage his time as a free agent... perhaps no different in feel to him than when you both worked.

But he's wrong. Retirement of even one partner is a new life phase, which must be discussed together.

You are NOT a fool or a child. Protect your self-esteem and speak up, saying you won't be intimidated and pushed out of "his way."

Insist you share an understanding of what he does with his time, and how that intersects with your time at home.

Note: There's always the good, happy that he's doing nothing and embarrassed about his lack of your presence. Keep an eye and ear open for that. It would suggest he needs counseling to learn to make retirement a rearing and reward-

ing phase, which it is for many.

Q I married at 21 to a man eight years older. We'd been together for three years and told ourselves that age doesn't matter. But at that stage of life it does. I was discovering who I was as an adult. He'd already done that.

Eventually I was "mowed" by another woman at work and began an affair 18 months into our marriage. Reflecting now I don't know why I did it, but as it did it really knew what I wanted.

The truth came out, we got it sorted, and went our separate ways. I know I hurt him but I probably hurt myself more, as it took me years to find the right path.

Too Young

A Having behaviour that hurts others on youth sometimes very common; it's made more acceptable if you also take responsibility.

You've done that, had your own tough experiences, and hopefully learned a better way to deal with people who are about you.

Next week in BRIDGES

Beads of Courage help children and their families cope with chronic illness





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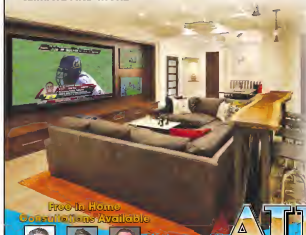
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